

AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the Application. Deletions are ~~strikethrough~~ and additions are underlined.

**Listing of Claims:**

1. (Currently amended) A composition comprising annatto extract and at least one ingredient selected from the group consisting of tocol containing material and non-tocol containing material, wherein greater than 60% of the tocols are ~~with~~ tocotrienols.
2. (Currently amended) The composition of claim 1, ~~further comprising where the tocol containing material is a natural extract~~ of a plant.
3. (Currently amended) The composition of claim 2, where ~~the composition has standardized low levels of~~ less than 40% of the tocols are tocopherols.
4. (Currently amended) The composition of claim 2, where the natural extract of a plant is selected from the group consisting of soy, corn, rice bran, palm, olive, wheat germ, oat bran, sunflower seed, cottonseed, cranberry seed, and litchi seed.
5. (Original) The composition of claim 3, where the tocopherol is alpha-T1.
6. (Canceled)
7. (Currently amended) The composition of claim ~~6~~3, where more than 50% of the tocotrienols are delta-T3 and gamma-T3.
8. (Currently amended) The composition of claim ~~6~~3, where more than 50% of the tocotrienols are delta-T3.
9. (Currently amended) The composition of claim ~~6~~3, where the composition is tocopherol-free.

10. (Currently amended) The composition of claim ~~13~~, where the tocotrienol is a C5 unsubstituted tocotrienol and the composition comprises more than 60% C5 unsubstituted tocotrienols, and less than 15% tocopherols.

11-24. (Canceled)

25. (New) A composition comprising annatto extract and at least one ingredient selected from the group consisting of phytosterols, oryzanols, policosanols, pentathine, red yeast rice (*Monascus*), oat bran, garlic, gugul lipids, chitosan, soy protein (e.g., oligo- and poly-peptides, hydrolysates), CoQ10, carnitine, magnesium, calcium, D-tyroxine, fibers (insoluble and soluble types, including beta-glucans), omega-3s (DHAs and EPAs, alpha linoleic acid), lecithin, banaba extract (including corosolic acid), lipoic acids (all isomeric forms), chromium (all compounded forms), and B vitamins (including niacin).

26. (New) A method to produce a beneficial effect comprising administering the composition of Claim 1 to a mammal in need of a beneficial effect.

27. (New) The method of Claim 26, where the beneficial effect is at least one selected from the group consisting of activates PPARs and down regulates SREBP transcription factors.

28. (New) The method of Claim 26, where the beneficial effect is a decrease in blood levels of triglycerides.

29. (New) The method of Claim 28, where the beneficial effect of the decrease in blood levels of triglycerides is at least one selected from the group consisting of reversal of insulin resistance, metabolic syndrome, prediabetes, diabetes and diabetes-related cardiovascular disease.

30. (New) The method of Claim 26, where the beneficial effect treats a malady effecting the central nervous system.

31. (New) The method of Claim 30, where the malady effecting the central nervous system is at least one selected from the group consisting of acute nerve damage, neural degenerative genetic disease, acute brain damage, brain trauma, chronic nerve damage, neural toxicity, chronic brain damage, Alzheimer's, Parkinson's, and Huntington's.

32. (New) The method of Claim 26, where the beneficial effect is at least one selected from the group consisting of lowers CRP, protects against inflammation, lowers cholesterol, decreases cardiovascular risk index, decreases metabolic risk index, decreases chemotactic bioactive materials, improves arterial vasculature, reduces osteoporosis, increases bone mineralization, enhance immune system, lowers lipids, reverses insulin resistance, increases natriuresis, and extends life.

33. (New) The method of Claim 26, where the beneficial effect is a reduction of a skin malady.

34. (New) The method of Claim 26, where the beneficial effect is a reversal of insulin resistance.

35. (New) The method of Claim 26, where the beneficial effect is lowering the risk of at least one disease selected from the group consisting of CVD, T2DM, hypertension, PCOS and fatty liver disease.

36. (New) The method of Claim 26, where the beneficial effect is a reduction of cancer.